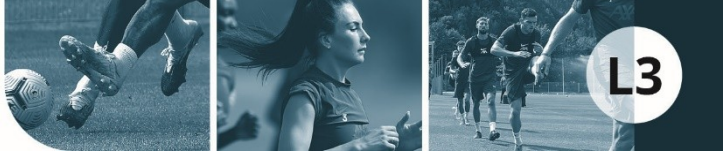
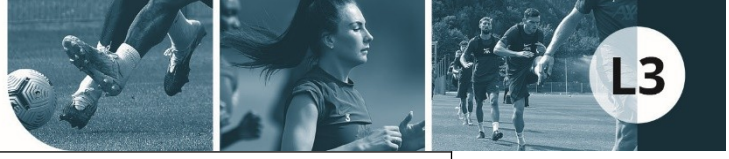


BTEC Assignment Brief

Qualification	Pearson BTEC Level 3 International Qualifications in Sport
Unit number and title	**Unit 32: Sports Performance analysis**
Learning aim	B: Explore ideal models, benchmarks and protocols for performance analysis
Assignment title	A presentation explaining the performance demands, ideal models and performance benchmarks of an individual or team sport.
Assessor	
Issue date	
Hand in deadline	

Vocational Scenario or Context	Your first blog article was well received by the coaching community. Readers have asked for further information in relation to key performance demands, ideal models and performance benchmarks that should be used. You have decided to present this information as a presentation that can be viewed online by the coaching community. This will help coaches to consider their own approaches and potentially design their own analysis methods for their sports.

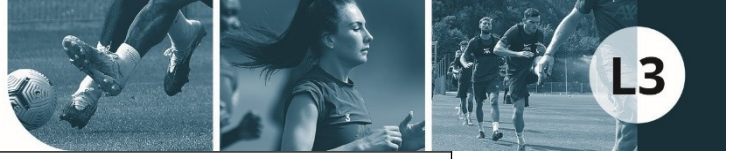
Task 1	Produce a presentation explaining the performance demands, ideal models and performance benchmarks of an individual or team sport. Then using this information produce your own analysis method for this sport. You will need to explain and analyse research ideal performance models and benchmarks for individual and team performances in a selected sport, to help produce your own ideal model and benchmarks. A range of performance factors should be identified and alternative sources of information should be analysed to produce your ideal model and benchmarks. You can give clear details of the analysis process selected and analyse its suitability for use on a specific sport, the positives and negatives for its use should be explained. You should also consider relevance based on validity, accuracy, reliability, ease of use, cost, and accessibility. You will need to draw on varied sources of information, for example different journal articles, appropriate textbooks, national governing bodies, live performance, statistics, video to evaluate detailed ideal models, benchmarks and analysis processes. You can evaluate sources and justify the inclusion or exclusion



	of details or statistics. The presentation should be split into two sections and contain the following information: **Section 1: Information sources to establish ideal performance models and benchmarks** • Observation/recordings • Coaching courses • Academic papers/journals/documents • Coaches, teachers, sports scientists • Internet and social media • Match statistics • National governing body sources **Section 2: Protocols and materials for performance analysis** • Summary of sources of information • Timing • Preparation of materials for gathering information • Considerations for the evaluation performance measures
Checklist of evidence required	A presentation explaining the performance demands, ideal models and performance benchmarks of an individual or team sport. covering the following areas: • Information sources to establish ideal performance models and benchmarks • Protocols and materials for performance analysis

Criteria covered by this task:	
Unit/Criteria reference	To achieve the criteria, you must show that you are able to:
B.P2	Identify established ideal modes, benchmarks and protocols for performance analysis of an individual athlete or team.
B.P3	Produce protocols and materials to use for performance analysis of an individual athlete or team.
B.M2	Assess and establish ideal models, benchmarks and protocols for performance analysis of an individual athlete or team.
B.M3	Produce detailed protocols and materials to use for performance analysis of an individual athlete or team.
B.D2	Evaluate established ideal models, benchmarks and protocols for Performance analysis of an individual athlete or team.

Sources of information to support you with this Assignment	**Textbooks** Adams M et al – BTEC Level 3 National Sport (Performance and Excellence) Student Book (Pearson, 2010) ISBN 9781846906510 Adams M et al – BTEC Level 3 National Sport Teaching Resource Pack (Pearson, 2010) ISBN 9781846906541 Carling C, Reilly T and Williams A – Performance Assessment for Field Sports: Physiological, Psychological and Match Notational Assessment in Practice (Taylor and Francis, 2008) ISBN 9780415426848 Gledhill, A., et al. (2016), BTEC Nationals Sport Student Book 1, Pearson Education, ISBN 9781292134000



	Hall S – Basic Biomechanics (Mcgraw-Hill Education, 2014) ISBN 9781259095535 Hughes M – Essentials of Performance Analysis in Sport (Routledge, 2015) ISBN 9781138022997 Jones R, Hughes M and Kieran Kingston K – An Introduction to Sports Coaching: From Science and Theory to Practice (Routledge, 2013) ISBN 9780415694919 O'Donoghue P – An Introduction to Performance Analysis of Sport (Routledge, 2014) ISBN 9780415739863 **Journals** Peak Performance **Websites** British Association of Sport and Exercise Sciences www.bases.org.uk Sport England www.sportengland.org Sports Development www.sportdevelopment.org.uk Sports Coach UK www.sportscoachuk.org Youth Sport Trust www.youthsporttrust.org
Other assessment materials attached to this brief	